



NORWOOD SENIOR CENTER

275 Prospect Street, Norwood, MA 02062

Telephone: 781-762-1201

Kerri McCarthy, , *Executive Director*
Sheila Pransky, *Outreach Coordinator*
Nanci Kelleher, *Program Coordinator*
Ellen Rano, *Senior Bus Driver*
Anne Marie Shea -*Prog. Assistant*
Lawrence Thomas, *Senior Custodian*

Tom Tobin, *Chairman*
Ted Mulvehill, *Vice Chairman*
Delia Bartucca, *Secretary*
Elizabeth Mastandrea, *Member*
Fran Kenney, *Member*

December 2015

**The Center is open
Monday Through Friday
8:00 AM to 4:00 PM**

Norwood's Council on Aging mission includes:

To identify the needs of older adults along with the available resources within the community.

To educate the community at large on the problems of aging and the needs of its older adults.

To design and promote services that are needed to serve older adults.

To serve as advocates and enhance the lives of older adults in our community.

The Norwood Council on Aging offers many legal, financial, recreational, medical screenings, other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services/activities do so with the understanding that the Norwood Senior Center, the Norwood Council on Aging, the Town of Norwood and its employees do not assume any responsibility.

Directors Corner

The holiday time is upon us and for most of us the month of December will be filled with shopping, cooking, family gathering and lots of laughter . It is important to remember the neighbor or distant family member that may not have family or friends to share this joyous time of year. We must take time out of our busy schedule and share a few minutes with someone who may be isolated, sad or lonely. Please consider putting a non perishable item in the box in the lobby to help those who are having a difficult time or picking an ornament off our Christmas Tree that gives a gift to a senior.

The definition of the word holiday means ...a day of festivity or recreation where no work is done. I hope that no matter which holiday you celebrate you will do just that. Relax and enjoy this beautiful time of year .

On December 7th we will also honor the men and women who died in the attack of Pearl Harbor. Our flag will be at half mast to honor these brave men and women who fought and died for our country,. Thank you to all of you who have served and continue to serve our country.

I wish each and everyone of you a very joyous and blessed holiday season!

Love and peace to you all, Kerri

***Merry Christmas and Happy New Year
from all of us here at the
Norwood Senior Center***

AFTERNOON DANCE: No Afternoon dance with John Rampino Friday,

Arts & Crafts: Offered Every First Thursday of each month at **11:00 am.**

BASIC COMPUTER COURSE: A four-part basic computer course is frequently offered to those who wish to learn how to use a computer. Sign-up at the front desk. New class will be announced soon.

BINGO: Every Wednesday, from **12:45 pm. to 3:00 pm.** \$5.00 to get started. We have begun a new game, for \$1.00 with a winner take all prize! You must be here by **12:45 pm.** to play the new game!

BLOOD PRESSURE CLINIC: Hellenic Health Care will be available for blood pressure screening on the **first Wednesday of each month.** Ellis Nursing Home will offer blood pressure screening on the **2nd Wednesday of each month.** The Walpole VNA will provide blood pressure screening on the **third Wednesday of each month at 11:30 am.**

BOOK CLUB: Our next Book Club will be meeting on **December 21st at 10:00 am.**

BRIDGE: Our Bridge Club meets on **Thursdays at 9:15 am.** in the Library. **The Tuesday group has been cancelled.**

COMPUTER CLUB: The Computer Club meets every Wednesday at 1PM

COUNCIL ON AGING: COA next Meeting will be **December 3rd @ 1PM**

CRIBBAGE: Our seniors meet every **Monday at 12:45 pm.** to play cribbage.

DIABETES WORKSHOP: The Diabetes Workshop Thursday December 17th at 11AM.

EXCEL CLASSES: Excel classes have resumed. Please sign up.

FOOT DOCTOR: Dr. Cormier will be here Tuesday, December 1st & 22nd-8:30AM-12 Noon

GLEE CLUB: Glee Club meets every **Tuesday at 11:15 am.**

HANDCRAFTERS:

Handcrafters meet every **Monday from 1pm. - 3pm.**

Line Dance Classes are held each **Tuesday.** **Class will be held from 1PM-2PM**

MASSAGE THERAPIST: Karen Tracy is here on the first Monday of each month. Please sign up at front desk. Massages are **\$30.00 for half an hour.**

NORWOOD RETIRED MEN'S CLUB: The Board of Directors meet on the **1st Tuesday of each month at 10:30 am.** at the Senior Center (Except July and August). The Club Membership meets the 2nd Tuesday of each month at the Norwood Elks Lodge, at 10:00 am.

OIL PAINTING: No Oil Painting class is offered at this time

Poetry Club: Is held on the **Third Wednesday** of each month at **1:00pm, Facilitated by Nancy from the Library.**

SCRABBLE: **Thursday afternoon at 1:00 pm.** Come and join us for a game.

SHINE: Our SHINE Counselor, **Carol,** is here to help you with your medical insurance needs on **Tuesdays from 10:00 am. - 2:00 pm.** Please call 781-762-1201 for an appointment.

SQUARE DANCE: Cancelled until further notice.

TRIAD: There is no meeting in December

WATER COLOR: The next session is scheduled for **Thursday, DECEMBER 10TH at 9:00 am.** Payment of \$20.00 must be made at time of sign up.

WAXING Cancelled until further notice.

WHIST: Whist players meet on **Tuesdays at 12:45 pm.** in the library.

WHIST PARTY: Whist parties will be held on the **4th Friday of each month 1:00 pm. - 3:00 pm.**

Norwood Memory Café
Thursday December 17th
1:30-3:30
Refreshments served



Poetry Corner

Christmas

Christmas is a time we share
With loved ones near and far

When we tell our children stories
Of the Christ Child, shepherds and the
star,

Our hearts are filled with hope for
peace

For ourselves and for the people
everywhere

And God will always hear us
When we bow our heads in prayer.

Christmas is a time of joy
For most of us that's true, But don't
forget that there are those
Less fortunate than you,
And God will bless you every day
That you show for them you care

It doesn't matter what you give
Give whatever you can spare.

Lillian Dennis

Winter is here!
**Please remember that if the Norwood
Public Schools are closed due to
inclement weather the Senior Center
will also be closed.**

Senior Center Program Spotlight

We have joined with
Home Instead Senior Care to
be a "Santa to a Senior". If you
wish please come pick an
Ornament (gift request) off the
Christmas tree in the front
lobby and return the
unwrapped gift back under the
tree. The handcrafters will
wrap the gifts, and Home
Instead Senior Care will
distribute gifts to seniors in
Norwood who are in need of a
gift during this special time of
year. Thank you in advance for
thinking of our local seniors.

Arts & Crafts

Sign-Up at front desk.

December 3rd

Glass Blown Ornaments

NORWOOD SENIORS' MEETINGS & ACTIVITIES

NORWOOD RECREATION DEPT/CIVIC GYM: Call 781-762-0466 for further information.

SENIOR BOWLING: Every Thursday morning at the Norwood Sports Center at 9:30 AM. This is a mixed league and three strings are played for **\$6.00**.

SENIOR SUPPERS: Norwood Hospital offers a Senior Supper Program consisting of soup, entrée and a drink in the cafeteria from Monday through Friday, served from 4:45 to 6:45 PM. **The cost is \$5.50.**

REGULAR PROGRAMS AND ACTIVITIES AT THE SENIOR CENTER

Monday	Flex, Firm & Chi	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Tai Chi	10:00 AM ~ \$2.00 per class
	Gentle Exercise	10:45 AM ~ \$2.00 per class
	Cribbage	12:45 PM
	Handcrafters	1:00 PM
Tuesday	Aerobics	9:00 AM ~ \$2.00 per class
	Square Dancing	9:00 AM to 10:00AM
	Bridge	9:30 AM
	Pinochle	10:00 AM
	Yoga for Everyone	10:00 AM (sit or stand class) ~ \$2.00 per class
	Line Dancing: One class- all levels	1:00-2:00PM
Wednesday	Whist	12:45 PM
	Flex, Firm & Chi	8:00 AM ~ \$2.00 per class
	Zumba	9:00 AM ~ \$2.00 per class
	Gentle Exercise	10:00 AM-11:00 AM ~ \$2.00 per class
	Bingo	12:45 PM
	Computer Club	1:00 PM all skill levels are welcome
Thursday	Aerobics	9:00 AM ~ \$2.00 per class
	Contract Bridge	9:30 AM
	Yoga for Everyone	10:00 AM ~ \$2.00 per class
	Scrabble	1:00 PM
Friday	Flex & Firm	8:00 AM to 9:00 AM ~ \$2.00 per class
	Yoga w/Posture & Bal.	9:00 AM to 10:00 AM - Grace Furnari ~ \$2.00
	Gentle Exercise	10:00 to 11:00 ~ \$2.00 per class
Mon. - Fri.	Zumba	11:00 to 12:00~ \$2.00 class
	Walking in the Gym	9:00 AM to 11:00 AM

OUTREACH

Dear Seniors,

Happy December and Happy Holidays!

No matter what or if you celebrate your holidays this month, I wish everyone a Merry Christmas, Happy Chanukah, and Happy New Year!

During this darkest time of the year, we hope the Senior Center is the warm and bright spot of your week, and you spend time here with us. We are here to share your days and to help you if you need any support or assistance.

See me or give a call if you need **fuel assistance**, help with your groceries with **food stamps** (SNAP), or just a little conversation or moral support.

It's my greatest pleasure to see you all each day and to help you solve the problems you confront. Sometimes together we can find solutions.

*Don't forget that **fuel assistance applications can be filed November 1, 2015 – April 1, 2016.***

Guidelines for fuel assistance are (maximum gross household income): \$33,126.00 annual income for one person, and \$43,319.00 for two people. If you have more than two people in your household, the income guidelines are higher.

Please remember to start your preparations for cold weather now –

Be sure your smoke detector and carbon monoxide detectors have fresh batteries and are working. Stock up on nonperishable food, batteries and flashlights, phone and other portable chargers in case of power outages.

LINE UP YOUR SNOW REMOVAL HELP NOW! After last winter, we know that when we find the snow or ice difficult to remove, it's often too late to get plow or roof companies to come assist. So, if you can, make your contracts now. You can give guidance to the company, such as, "only come if there is 2" of snow", etc, to help minimize the expenses. We found that we had to find companies willing to help out our seniors in the middle of the snow piling up, which was not easy or always available. Dress in layers, even in the house, to give you good warmth and flexibility should the temperature change as you change surroundings.

If you use a cane, be sure the rubber tip is in good condition, or replace it to minimize slipping. More tips next month!

Getting older brings its own set of challenges, and we are here to help.

If you have a friend or neighbor who is unable to get here for our programs or a visit, let me know and I will try to pay a visit to them at home. We try to encourage our seniors to come to the Center for socialization, stimulation and/or a good meal.

I wish you the happiest of times with your friends and families as well as a healthy happy 2016, as we begin another new year.

Warm Regards,

Sheila

Sheila Pransky, LICSW, Outreach Coordinator

781-762-1201, ext. 3





Holiday Tunes



Away in a Manger
 Choir of the Bells
 Dominick the Donkey
 Frosty the Snowman
 Holly Jolly Christmas
 Jingle Bell Rock
 Jingle Bells
 Let it Snow
 Little Drummer Boy
 Little St Nick
 O Holy Night
 Rudolph
 Santa Baby
 Silent Nigh
 Silver Bells
 The Christmas Song
 The First Noel
 Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
G	T	A	P	U	I	O	N	T	S	L	L	E	B	E	L	G	N	I	J
L	N	F	G	C	Z	H	N	S	L	L	E	B	R	E	V	L	I	S	E
I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

Norwood COA Senior Center Bus Route

Effective 01/16/2014

PICK UPS AT HOUSING AUTHORITY

William Shyne Circle - 10:00 AM

Willow Wood (Adams Street) - 10:05 AM

Brook View Circle - 10:20 AM

Nahatan Street - 10:30 AM

DAILY SHOPPING TRIPS

Mon– Fri MEDICAL APPOINTMENTS AND TRANSPORTATION UPON REQUEST BY CALLING THE FRONT DESK 24 HOURS PRIOR TO YOUR PICK UP TIME AT (781) 762-1201 PRESS # 6 FOR TRANSPORTATION.

Monday - Local Trips

Tuesday - Walmart (1st Tuesday of each month)

Tuesday - Out of town trips (2nd, 3rd, and 4th weeks of month)

Thursday - Hannaford / Dollar Store

Friday - Shaw's Supermarket

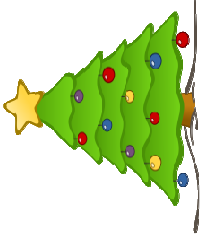
BUS RULES

1. ONE ROUND TRIP TRANSPORT PER HOUSEHOLD PER DAY

2. RIDERS MUST CALL 24 HOURS BEFORE DAY OF PICK UP
NO TRANSPORTS WILL BE MADE ON THE DAY YOU CALL.

3. THERE IS A 3-BAG LIMIT FOR EACH SHOPPING TRIP. CASES OF WATER, SODA, PET FOOD, ETC WILL BE CONSIDERED ONE BAG. UNFORTUNATELY, NO EXCEPTIONS WILL BE MADE. PLEASE DO NOT OVERLOAD YOUR BAGS.

****ANYONE EXCEEDING THE 3 BAG LIMIT WILL BE ASKED TO MAKE OTHER ARRANGEMENTS FOR TRANSPORTATION.***

~ December 2015 ~				
Mon	Tue	Wed	Thu	Fri
	1 Turkey Dinner	2 No Lunch	3 Breakfast Buffet	4 Baked Haddock
7 Soup & Sandwich	8 Turkey Dinner	9 No Lunch	10 Christmas Party	11 Salmon
14 Soup & Sandwich	15 Turkey Dinner	16 No Lunch	17 Meatloaf	18 Shrimp Scampi
21 Soup & Sandwich	22 Closed for Christmas Vacation	23 Lunch will resume on January 4, 2016	24	25 
28 Happy Holidays	29 From Andrew and students!	30	31	

TRIPS

Please watch for upcoming Trips on the Information Board or call Nanci at 781-762-1201

Flyers for all trips are available in the Café

*****Please sign up for all trips with Nanci*****

Payment in full for day trips.

Deposit required on overnight trips.

You may sign up for these trips at any time, up to two weeks before the scheduled date.

December Events

***Gary Highlander
Charles Dickon's
December 1st at 3PM***

***COA Board Meeting
December 3rd @ 1PM***

***Senior Center Christmas Party
Lunch and Entertainment
Dorothy Stratton
December 10, 2015
12 Noon
\$10.00 per person***

***Glee Club Christmas Performance
December 18th
1PM***

**Learn To Play Mah Jong
Lessons are held on Thursday
and Friday afternoons
1PM-3PM**

Mini-Bus Trips

Tuesday, Dec 1– Walmart
Tuesday, Dec 8– Kohls
Tuesday, Dec 15– Twin River
Tuesday, Dec 22– Market Basket
Tuesday, Dec. 29– TBD

Healthcare Assistance is Available

SHINE - 1-800-243-4636, Press 3
 Prescription Advantage - 1-800-243-4636,
 Press 2

(MCPHS Pharmacy Outreach Program -
 1-866-633-1617

Medicare - 1-800-633-4227

Medicare Advocacy Project - 1-866-778-0939

Monday		Tuesday		Wednesday		Thursday		Friday	
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi Gentle Exercise Cribbage Handcrafters	8:30 9:00 9:00 10:00 11:15 12:45 1:00	Foot Doctor Aerobics Square Dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise Blood Pressure Bingo Computer Club	9:00 9:30 10:00 11:00 1:00 1:00	Aerobics Contract Bridge Yoga Arts & Crafts Scrabble COA Meeting	8:00 9:00 10:00 11:00 1:00	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba Hand & Foot Cards
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba /Massages Tai Chi Gentle Exercise Cribbage Handcrafters	9:00 9:00 10:00 11:15 12:45 1:00	Aerobics Square Dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise Blood Pressure Bingo Computer Club	9:00 9:30 10:00 1:00	Aerobics / Watercolor Contract Bridge Yoga Scrabble	8:00 9:00 10:00 11:00 12:30	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba Open Games
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi Gentle Exercise Cribbage Handcrafters	9:00 9:00 10:00 11:15 12:45 1:00	Aerobics Square Dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise Blood Pressure Bingo Computer Club Poetry club	9:00 9:30 10:00 11:00 1:00 1:30	Aerobics Contract Bridge Yoga Diabetic Workshop Scrabble Memory Cafe	8:00 9:00 10:00 11:00 1:00 7:00	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba Hand & Foot Cards Friends Dance
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi -Book Club Gentle Exercise Cribbage Handcrafters	8:30 9:00 9:00 10:00 11:15 12:45 1:00	Foot Doctor Aerobics Square dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 11:30 12:45 1:00	Flex & Firm Zumba Gentle Exercise Hearing Solutions Bingo Computer Club	9:00 9:30 10:00 1:00	Aerobics Contract Bridge Yoga Scrabble Center Closes at Noon	8:00 9:00 10:00 11:00 12:30 1:00	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba Open Games Whist Party Center Closed
8:00 9:00 10:00 10:45 12:45 1:00	Flex & Firm Zumba Tai Chi Gentle Exercise Cribbage Handcrafters	9:00 9:00 10:00 11:15 12:45 1:00	Aerobics Square dance Yoga Glee Club Whist Line Dancing-All levels	8:00 9:00 10:00 12:45 1:00	Flex & Firm Zumba Gentle Exercise Bingo Computer Club	9:00 9:30 10:00 1:00	Aerobics Contract Bridge Yoga Scrabble Center Closes at Noon	8:00 9:00 10:00 11:00 12:30 1:00	Flex & Firm Yoga & Posture w/Grace Gentle Exercise Zumba Open Games Whist Party Center Closed

**Happy
Holidays!**